

Ex-B'ham Mayor Heads Family Service Board

James C. Allen, former mayor of Birmingham, has been elected president of the board of directors of Family Service of Oakland county. He succeeds John Hirlinger, president the past two years.

A Birmingham architect, Robert Snyder, was elected vice president of the board. He is head of the Cranbrook school of architecture and previously served as treasurer of the Family Service board.

Elected treasurer was Rev. Edward Anchar, a minister in Orchard Lake Community church.

Allen, a lawyer, served as mayor of Birmingham in 1956.

Industrial Explorer Scout Post Forming

An organizational meeting for establishing an industrial explorer scout post in the Birmingham area will be held at 8 p.m. next Monday in the Ford tractor and implement division general offices, 2500 E. Maple.

Sponsored by the Ford division, the new post is being organized for high school boys. Programs will include field trips, talks and discussions by men of responsible positions in business concerning career opportunities in their fields and social activities.

Boys planning to attend the first meeting may telephone Joe Colombo in the industrial relations department at the tractor division office in Birmingham. The post is limited to 35 boys.

Want ads cannot be accepted after 5 p.m. each Tuesday.



Mr. and Mrs. S. M. Cram and their children, Alison and Rick, at the Taft Hotel in New York City. Alison was a participant in the New York Horse show at Madison Square Garden.

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Dieting Tests Strength, Weakening Writer Says

By RUTH VOGT
Special Writer

Going without food while on a diet isn't the thing that really hurts a person. It's the knowledge of what he is really like, deep inside, that stings.

Take a jam on toast. (I've taken it for years; true, just a dab, but it's been there on the toast each morning.) Feeling noble, you forego the jam. How do you feel, however, when you find yourself, after spreading it on the children's toast, licking the knife? You want to bang your head in shame.

AND AFTER they leave their plates at the breakfast table, how does the diet-conscious cook react to any stray crumbs left lying on the plates? She gobbles 'em up like a dog which hasn't seen meat in years. "Crusts are good for the teeth," she hears herself justifying.

And as for scraping out the oatmeal bowls, she not only scrapes but she literally hunts for anything left. How speaks can a person get while embarked on a diet? Very, very sneaky I'd say right here on the third day without any hesitation.

AT NOON? By eleven, even before the morning chores are half way completed, she finds herself watching the hands of the clock like a detective.

"Oh, this morning has been a whole day long," she concludes as she rushes to the ice box to fix her lunch.

Feeling very noble she cuts up a half head of lettuce, adds a bit of onion, cucumber, salt, pepper and a slice of green pepper. Instead of dressing she dresses vinegar over the whole creation.

Into the front room, away from the loaded ice-box, she prances. To keep her mind off the lettuce leaves she picks up the most interesting reading material she can find. With her thoughts involved over the "world crisis" what are the first words she scans? "More than half of the world goes to bed hungry each night."

Half way through her salad she is so in sympathy that she wouldn't think of creeping out to the cupboard and stealing a couple soda crackers. Not at first, she wouldn't. At the end of the article, why are some so weak. Not only does she grab soda crackers; she plunks a huge slice of yellow Swiss cheese on top of three or four.

Pacing the afternoon she realizes, after the crackers 'n' cheese have been followed by a small bunch of grapes, that she hasn't been loyal, exactly, to her diet.

"I'll do much better at dinner-time," she consoles herself as she savors a speck of left over lettuce leaf hidden on the fork.

OPTIMISM RETURNS in the afternoon, she not once opens one cupboard door (or the ice-box) all the time she is working in the kitchen.

"I'm strong," she deduces hopefully and descends to the basement to tackle the ironing. (The ironing is in the basement.)

Around three, when the telephone rings and she races upstairs in relief it really isn't over the joy of hearing a telephone voice as much as it is over the opportunity

to 'check how things are doing in food department and what should she prepare for dinner'.

EVERY COOK knows that you can't cook without tasting what you are preparing. That's just not good policy; you might lose your good reputation. But who says, except for those who don't have a diet, that one has to taste such big portions?

"You awful cheater," is muttered over and over again as the dinner is shaped.

And when the school population insists on just something to tide them over until meal time, the temptation to "tide yourself over" with a few more crackers and a glass of milk becomes a great problem to face.

"HOW DID YOU do today on your diet, huh?" one will ask as he observes his mother wolfing down a few tid-bits. If one has taught the theory that a lie is never justified under any consideration, the honest words, "not very good, son," will be spoken with terrible guilt feelings.

Dinner time can be lived through very nicely providing you place the food on the table, place a tam upon your head, a coat around your shoulders and go out for a long walk. It's important, however, you walk long enough so that the dessert will be eaten before your return.

Dieting? It's only for strong people. Why am I so weak?

People's Column Says Teacher Tenure Now On Way Out

TO THE EDITOR: I disagree with Mr. Paul L. Scott's view (Birmingham Eccentric, Nov. 3) that teacher tenure would reduce turnover in the Birmingham schools. If I read the signs correctly, tenure and automatic salary increases are on their way out across the country for the simple reason that neither promotes efficiency and professional self-improvement. Look at the U. S. Civil Service for an example of the ills of both practices.

Career teachers look for more than high salaries and job security. The best teachers look for a good educational program, efficient administrative leadership and policies, an opportunity to participate in curriculum planning, real interest by schoolboard and parents in teachers' welfare, and such things as good plant facilities and average class loads.

Whether teachers like it or not, the day is fast approaching when compensation will be based primarily on merit, not length of service. This, more than any other factor will encourage the exceptionally qualified individual to enter the teaching profession.

Sincerely,
WILLIAM LYMAN

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LEGAL HOLIDAY

Veterans' Day, November 11

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All suburban offices will be open till 8:00 p. m. Thursday, November 10.

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There are Many Bargains in the Want Ads